

# Budget Detail Request - Fiscal Year 2016-17

Your request will not be officially submitted unless all questions and applicable sub parts are answered.

1. Title of Project: Impact Fit Sports
2. Date of Submission: 12/22/2015
3. House Member Sponsor(s): Lori Berman

## 4. DETAILS OF AMOUNT REQUESTED:

- a. Has funding been provided in a previous state budget for this activity? No  
*If answer to 4a is ?NO? skip 4b and 4c and proceed to 4d*
- b. What is the most recent fiscal year the project was funded?
- c. Were the funds provided in the most recent fiscal year subsequently vetoed? No
- d. Complete the following Project Request Worksheet to develop your request (Note that Column E will be the total of Recurring funds requested and Column F will be the total Nonrecurring funds requested, the sum of which is the Total of the Funds you are requesting in Column G):

FY:	Input Prior Year Appropriation for this project for FY 2015-16 (If appropriated in FY 2015-16 enter the appropriated amount, even if vetoed.)			Develop New Funds Request for FY 2016-17 (If no new Recurring or Nonrecurring funding is requested, enter zeros.)			
	Column: A	B	C	D	E	F	G
Funds Description:	Prior Year Recurring Funds	Prior Year Nonrecurring Funds	Total Funds Appropriated  (Recurring plus Nonrecurring: Column A + Column B)	Recurring Base Budget  (Will equal non-vetoed amounts provided in Column A )	<b>INCREASED or NEW Recurring Requested</b>	<b>TOTAL Nonrecurring Requested</b>  (Nonrecurring is one time funding & must be re-requested every year)	<b>Total Funds Requested Over Base Funding</b>  (Recurring plus Nonrecurring: Column E + Column F)
Input Amounts:					95,000	3,382	98,382

- e. New Nonrecurring Funding Requested for FY 16-17 will be used for:  
 Operating Expenses     Fixed Capital Construction     Other one-time costs
- f. New Recurring Funding Requested for FY 16-17 will be used for:  
 Operating Expenses     Fixed Capital Construction     Other one-time costs

5. Requester:

- a. Name: Alec Williams
- b. Organization: Impactfit Sports, Inc.
- c. Email: Awill91@yahoo.com
- d. Phone #: (904)327-4808

6. Organization or Name of Entity Receiving Funds:

- a. Name: Impact Fit Sports, Inc.
- b. County (County where funds are to be expended) Broward, Miami-Dade, Palm Beach
- c. Service Area (Counties being served by the service(s) provided with funding) Broward, Miami-Dade, Palm Beach

7. Write a project description that will serve as a stand-alone summary of the project for legislative review. The description should summarize the entire project's intended purpose, the purpose of the funds requested (if request is a sub-part of the entire project), and most importantly the detail on how the funds requested will be spent - for example how much will be spent on positions and associated salaries, specifics on capital costs, and detail of operational expenses. The summary must list what local, regional or statewide interests or areas are served. It should also document the need for the funds, the community support and expected results when applicable. Be sure to include the type and amount of services as well as the number of the specific target population that will be served (such as number of home health visits to X, # of elderly, # of school aged children to receive mentoring, # of violent crime victims to receive once a week counseling etc.)

IMPACTFIT SPORTS

Who Are We?

Impactfit Sports Co, is a Benefits Sports Training Corporation that uses Technology to analyze perform/prevent injury, teach nutrition and mentoring to create well rounded, athletic student athletes from ages 9-18. This allows us to measure the growth of our students so we can gauge their effectiveness in their preferred sport. The coaches do not track students-athletes overall physically growth and potential. The coaches' job is to cultivate a winning team. Us as trainers we can help prepare the student-athletes physically and mentally during the season and during off-season to keep the student-athletes on the right track. This is where our mentoring program will be implemented.

Here is what we Measure:

	Value	Threshold	%
Max Heart Rate	219	N/A	N/A
Max Speed (miles/h)	18.9	22.4	84.3
Total Distance (yards)	10281.2		6561.7 156.7
High Speed Running	630.5	218.7	288.3
HML Distance (yards)	1054.4	546.8	192.8

Dynamic Stress Load	58.1	40	145.2
Fatigue Index	0.13	0.00	0
Accelerations	13	100	13
Decelerations	11	100	11
Sprints	18	20	90
Average Metabolic Power		2.4	8 29.6
Yards per minute	27.8	76.6	36.3
Distance Zone 5 (yards)	487.2	109.4	445.5
Distance Zone 6 (yards)	143.3	10.9	1310.7
Speed Intensity	444.1	300	148
Heart Rate Exertion	13.3	300	4.4
Impacts	13 1000	1.3	
Total Loading	111	100	111
Lower Speed Loading	74.3	50	148.7
Metabolic Distance (yards)		2679.6	0 0
Energy Expenditure	900.3	500	180.1
Explosive Distance	423.8	328.1	129.2
HML Efforts	58	20	290

We will implement a Month-to-Month analysis on these metrics to provide proof on exactly how your athletes will improve. We will also implement an afterschool ?fun? program. Which consist of a Fitness Challenges, fun competitive games, lively music, healthy snacks and 2-3 times a week program more days if needed. This will be for all kids who are not athletes but need to get in shape and interact with their peers. The second way we impact our students is by providing a nutrition plan that is tailored to the athletes? biochemistry. For the athletes and fun program participants our nutrition plan will ensure that there are no deficiencies, or weaknesses in the eating habits of our athletes. Most importantly, our mentoring program challenges, nurtures, and builds confidence. Part of the mentoring program we will have internship opportunities, where the student-athletes will gain experience in their respective industries. For instance, John Campbell one of our baseball players wants to be a lawyer one day. We can set him up with one of the law firms we are connected with so he can experience what it takes to be a lawyer. This will help build a more confident and well-rounded athlete/citizen. This empowers our student-athletes and students so that they can solve the complex situations of the world and environment in which they live. For example, mentoring program can help indoctrinating life skills like managing time and money. We can have a whole series on money management. We are serving all athletes apart of the athletic department. Also, any students who wants to participant. Alec Williams Fitness and Nutrition Leader Co-Founder. Alec has a background in Marketing and management. Also experience with personal trainer and health coaching. Ross Presendieu Sports Leader and Co-founder. Also has background in marketing and sales. Affiliated with the YMCA and others youth sports in Boynton where Ross has experience coaching and training athletes.

Mission

Impactfit Sports is a company whose mission is to help young people. Our goal is to build strong character, create responsible young citizens and leaders, and to cultivate a lifestyle of physical fitness.

#### Vision

ImpactFit Sports Co, ?pie-in-the-sky dream.?

The mission of Impactfit Sports is to provide sports training, nutrition plans and confidence building activities to all Palm Beach County athletes and children

#### Values

These are the values your company will live and die by, meaning, no matter what, these things will be adhered to.

We believe in:

- ? Good eating habits
- ? Physical fitness
- ? Personal development

#### Goals

By June 2016,

For our fun afterschool program,

60 students? participant in fun after school program

? Getting 60 in better shape and as well indoctrinating the benefits of physical education and working with peers to accomplish team and personal physical goals.

For the sports team program,

1 Football/Basketball/Baseball coach will be reported

? 175 Football/Basketball/Baseball players from 1 Palm Beach County high schools. i.e (Park Vista High, Lake Worth High and Atlantic High) Impactfit Sports will demonstrate the improvements in endurance, agililty, speed, power, strength, sports IQ and providing proper periodization for the training regimen by using our sports technology, according to the reporting tool that will be filled out by their coaches. Also indoctrinating proper eating habits for the athletes.

? Those 175 players will also exhibit an increase in personal confidence with the mentoring program and indoctrinating life skills lessons

? 30 basketball players from 1 Palm Beach County high school

? 45 baseball players from 1 Palm Beach County School

#### Objectives

Impactfit Sports is indoctrinating the essence of being an athlete with the sports training and nutrition program. Also help the athletes understand the world they live in so they can make an impact on their society with the mentoring program.

How many athletes?

We are working with Ezhell Hester center which has over 300 athletes. Also, with Elev|8 Sports which has over 100 elite athletes. AYSO soccer league with 100+ athletes. Delray Beach Blazers AAU Basketball team.

Check out the Overview in the attachments

Here is the website for more information [www.impactfitsports.org](http://www.impactfitsports.org)

Home [[www.impactfitsports.org](http://www.impactfitsports.org)]

Amazing Sports Tech Development, The Impactfit Sports Analyzer is a new and developing module that will make it possible for student athletes to track their progress.

Read more...

Here is the Facebook page [www.facebook.com/impactfitsports](http://www.facebook.com/impactfitsports)

Thanks and have a great day.

Ross Presendieu

Personal Athletic Trainer

Co-founder of Impactfit Sports

Direct 561-275-4659

Alec Williams

Leader of Fitness/Nutrition

Co-founder of Impactfit Sports

Direct 904-327-4808

Administration Department

Staff members:

(1) Manager per school that we are programming at

-\$695 weekly salary

Overhead: \$695 weekly

Managers are responsible for contacting the schools for scheduling, delegating the trainers on their schedules and responsibilities. Creating personal fitness profiling for each students. Providing healthy snacks for the kids in the afterschool program, making sure we have all of the equipment for the training.

Programming Department

Staff members:

1) NASM certified mental strength coach per school

-\$972 weekly salary

2) Trainers per fun program

-\$66/hr + 15 hours weekly =\$486 per trainer

Mental Strength Coach responsibilities are to indoctrinate the psychological aspect of fitness and sports. Creating profiles for the students to help them with mental issues and working those issues out. Mental Toughness is focused on the key aspects of psychological strength for fitness and sport. Mental Toughness helps provide greater awareness and effectiveness in getting performance results by keeping the mind engaged, responsive, resilient, and strong under pressure.

You'll discover: Ways to enhance attentional focus, adherence to fitness, and improve sports performance

? Sources of confidence used in exercise and sport situations? How to assess and increase commitment

? Different types of anxiety and the role they play in attempting to reach fitness or sports performance goals

Trainers? responsibilities is to execute the fitness bootcamp, and fun competitive games. Speaking about the essence of good eating habits and the importance of physical education. Also, tracking the health and well-being of the students with the FitBit.

Marketing Department:

Staff members:

? Video photographer (Intern)

? Editor (Interns)

The video photographers? responsibilities are to film our fun program. Post our videos on YouTube and other social media sites. Creating a professional video for our monthly highlights of the fun program.

(2) Banners = \$450

Social Media

-Facebook

-Twitter

-Snapchat

-Youtube

\*Note\*

This budget plan is based off a 36 weeks school year for only one school .

Operation Expenses:

Manager \_\_\_\_\_ \$25,000  
Mental Strength Coach \_\_\_\_\_ \$35,000  
2 Trainers \_\_\_\_\_ \$35,000  
TOTAL Staff Members Expenses: \_\_\_\_\_ \$95,000.00

Supplies & Equipment:

(60) T-shirts \_\_\_\_\_ \$1,500  
(3) Bluetooth Speakers \_\_\_\_\_ \$270  
(6) Ladders \_\_\_\_\_ \$370  
(3) Ropes \_\_\_\_\_ \$101  
(50) Cones \_\_\_\_\_ \$100  
(60) FitBit \_\_\_\_\_ \$100  
(1) Aira FiBit Scale \_\_\_\_\_ \$140  
Miscellaneous - Unforeseen Expenses \_\_\_\_\_ \$351  
TOTAL Supplies and Equipment: \_\_\_\_\_ \$2,932.00

Marketing Expenses:

TOTAL \_\_\_\_\_ \$450.00

TOTAL PROJECT BUDGET \_\_\_\_\_ \$99,382.00

8. Provide the total cost of the project for FY 2016-17 from all sources of funding:

Federal: 0

State: 0 (Excluding the requested Total Amount in #4d, Column G)

Local: 0

Other: 0

9. Is this a multi-year project requiring funding from the state for more than one year?

No